

Barking and Dagenham Yellow Advertiser

Week ending Friday, January 22, 2016



EST. 1976

NEW HOPE FOR SICKLE CELL CARE

TRAILBLAZER: Dr Claire Hemmaway



By Suzi Muston

barking@yellowad.co.uk

A TRAILBLAZING team of doctors are making great strides with a clinical trial designed to improve treatment for patients with sickle cell disease.

The haematology team at Barking, Havering and Redbridge University Hospitals NHS Trust is conducting trials at Queen's Hospital, Romford and King George Hospital, Goodmayes.

Dr Claire Hemmaway, consultant haematologist has been praised for managing to recruit 21 patients to take part in the trial.

She was also invited to share her findings at a prestigious conference in Orlando, Florida, USA, by the American Society of Haematology.

Dr Hemmaway said: "Sickle cell disease is the biggest cause of readmission to hospital in London."

"This is the first trial on patients and the results are very encouraging. People taking the new drug

showed an increase in their haemoglobin levels and a reduction in their jaundice levels. Everyone at the conference in the USA was talking about the new drug, so it's a really exciting time for us."

Sickle cell disease is diagnosed in infants on the neonatal screening programme.

Dr Hemmaway added: "Children and young people make up the majority of patients with the condition."

"The new drug to come out of the

trial could potentially prevent damage to a child's organs and reduce painful crises. Longer term data is required for the treatment of both adults and children."

The next phase of the trial will look at the benefits of the drug over longer periods of time.

A further study on children with the disease starts in the summer.

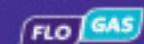
Sickle cell disease is an inherited blood disorder where the red blood cells, which carry oxygen around the body, develop abnormally.



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Win £60 of feed and attract garden birds

WITH colder weather setting in, many garden birdwatchers will be looking to help birds survive the winter by providing them with food.

But according to the British Trust for Ornithology (BTO), Britain's leading wild bird research organisation, it isn't just at this time of year that we should be looking to attract birds to our gardens.

The Ernest Charles Company and the BTO work to enrich and enhance the lives of wild birds in the UK.

Research by the BTO has enabled Ernest Charles to develop a premium wild bird care range that provides garden visitors with all the essentials they need to survive and thrive all year round.

Find out how you can help birds survive throughout the year in a short video featuring Clare Simm from the BTO's Garden Ecology by going to <https://youtu.be/289VikFDbrA>.

Top tips include placing a number of different feeders around your garden that offer a variety of foods, such as Ernest Charles All Seasons and Mealworm blends, as well as its Sunflower blend with oil-rich Sunflower Hearts.

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FOOD: Help wild birds to survive all year round with Ernest Charles

attract the widest range of species, but will also help birds stay in peak condition.

It is also important to supply a fresh source of water throughout the year, for drinking as well as bathing.

Birds will supplement their diet with

garden bird food all year, especially during the breeding season or over winter, so why not help them by entering our competition to win one of eight Ernest Charles prize packs worth £60 each, including one pack of each of the Ernest Charles 2kg blends, one tub of

30 Ernest Charles fat balls and one Ernest Charles nest box.

To be in with the chance of winning, answer the following question:

Q Which of the following foods are perfect for attracting birds to your garden?

- A: Sunflower Hearts
- B: Burgers
- C: Pizza

To enter the competition telephone your answer – A, B or C – to (01901 307 1668) with your name, address, telephone number and email.

Alternatively text YABIRD (space) followed by A, B or C, and your name, full address and email to 63333.

Calls cost 50p per call plus your phone company's access charge.

Calls from mobiles will cost considerably more.

Texts cost 50p plus your standard network rates.

If you do not wish to receive details on any other products or services, text EXIT at the end of your message.

Lines close on Thursday, January 28. Entries received after the closing date will not be counted but may still be charged.

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Hunt for lottery winner



RED CARPET:
Mayor of Barking
and Dagenham,
councillor Simon
Bremner

Credit: Ady
Kerry/Camelot

By Michael Cox

barking@yellowad.co.uk

COMMUTERS at Barking station were given the red carpet treatment as the National Lottery raised awareness for an unclaimed £4.7million prize won in the area.

A winning ticket for the Lotto draw on September 12 last year that was bought in the borough of Barking and Dagenham but has not been redeemed.

The winner matched the six main numbers, which were 14, 20, 28, 31, 40 and 46.

To highlight the prize the "Millionaire Commuter Experience" was created on Friday for those travelling through Barking station. Swathes of red carpet, butlers and topiary were set up around the station.

Cllr Simon Bremner, mayor of Barking and Dagenham, temporarily took over the PA system to remind people to check if they were the winning ticket holder.

Overseeing the experience was station manager Cassandra Sutton. She said: "I thought we had already seen everything here at Barking sta-

HOST: A butler stands at the entrance to Barking station
Credit: Ady Kerry/Camelot



tion, but I can safely say this is the first time we've had a squad of butlers and the mayor making announcements about multi-million pound Lotto tickets!"

The National Lottery and rail firm c2c also updated the station's signage to ensure people on trains arriving on platforms were made aware of the unclaimed ticket.

The deadline for claiming the £4,668,787 prize is Thursday March 10. If it is not claimed by then, the money will instead go towards lottery-funded projects.

A Camelot spokesperson said:

"Barking station is one of the borough's busiest transport hubs so it's possible the lucky ticket-holder, or someone they know, is travelling through here on a regular basis.

"If they are, hopefully our Millionaire Commuter Experience will remind them to check that ticket and help give a taste of a lifestyle well within the means of someone with a £4.7m fortune in the bank."

Anyone who believes they have the winning ticket should call the National Lottery Line on 0844 338 7551 or email help@national-lottery.co.uk.

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TRIBUTE: Holocaust memorial service Valentines Park, Ilford

Memorial service remembers victims of Holocaust and hate

A WOMAN who escaped Nazi persecution will be one of the guests at a Holocaust memorial service inside Ilford's Valentines Park.

Ruth Barnett fled the Nazis aged four with her family and came to England. She will join representatives from Redbridge Council, schools, faith groups and residents at the Holocaust Memorial

Garden in the park.

The Holocaust memorial service is dedicated to the millions who died and those survivors who suffered in the Holocaust and other genocides and atrocities.

The event will be opened by the Mayor of Redbridge, Councillor Barbara White.

There will be readings and prayers of remembrance as

well as the laying of wreaths and tokens at the Holocaust Memorial Stone.

The service will also feature poems and readings by students of different ages from various schools in Redbridge.

It starts at 11.30am on Tuesday, January 27, in Valentines Park, Cranbrook Road, Ilford.

Appointments help ease burden on A&E units

Health chiefs praise same day GP service

By Suzi Muston

waltham@yellowad.co.uk

THRILLED NHS bosses say a same day GP service has been hailed a success.

Delighted doctors said the service has taken the strain off over-burdened A&E departments at King George Hospital in Barley Lane, Goodmayes, and Queen's Hospital, Romford.

More than 22,500 appointments have been made since the service began in April last year.

The three GP hubs offering urgent appointments are at Southdene Surgery in South Woodford, Newbury Group Practice in Newbury Park and Fullwell Cross Medical Centre in Barking.

NHS chiefs said the same day service runs Monday to Friday between 6.30pm and 10pm, on Saturdays between 9am and 5pm and on Sundays between 9am and 1pm.

GP Dr Anil Mehta, chairman of Redbridge Clinical Commissioning Group, told the Y4: "We are really pleased that patients are making the most of these appointments and in doing so helping to free up local accident and emergency departments for the most serious or life-threatening cases."

"On New Year's Day almost all available appointments across the borough were booked, showing how important these appointments are in helping people get urgent care without having to face long waits at accident and emergency."

Doctors are still urging patients to keep using the service for treatment.

People can book appointments on the day by calling the service directly on 020 3770 1888.

Alternatively they can be booked in through their own GP or via NHS 111.



SUCCESS: Dr Anil Mehta

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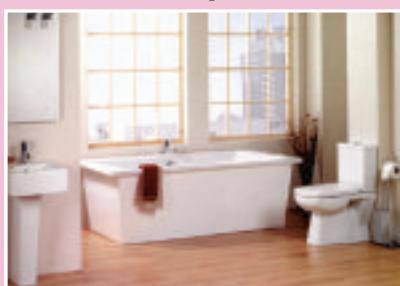
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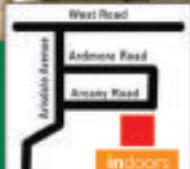
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AWARD: Philip Oldershaw, marketing officer at Barking and Dagenham Council, left, Rosie Boycott, and Maureen Lowes, council catering services manager

Leading the way for healthy eating drive

BARKING and Dagenham has been rewarded for making more progress than any other London borough for encouraging healthy eating.

It rose 15 places in the Good Food for London league table, published by Sustain, which assesses the progress councils make in creating a healthier food culture.

Among the achievements the borough was recognised for was its support for food growing in schools and the community, as well as taking steps to form a food partnership.

It was also acknowledged for changing food culture in schools through the Healthy Schools London and Food For Life programmes, as well as encouraging takeaways and restaurateurs to serve healthier food through the Healthier Catering Commitment.

Cllr Maureen Worby, cabinet member for adult social care and health, said: "Through partnership working across the council and by develop-

ing links with local and national organisations, we have progressed six more places than any other London council. In all of our targeted and focused work we will continue to encourage children and adults of all ages to benefit from healthy eating and lifestyle choices for long-term healthy lives."

Council leader Cllr Darren Rodwell said the award highlights the fact that the council is making significant progress to build strong and healthy communities.

The award for the most improved London borough was presented at City Hall by Rosie Boycott, chairman of the London Food Board.

She said: "It is heartening to see so many London councils, such as Barking and Dagenham, taking action on good food initiatives. Local authorities are very much on the front line when it comes to improving the diets of Londoners."

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Man faces High Street murder rap at Bailey

A MAN has been charged with the murder of 60-year-old grandfather Aiden O'Mahony.

He died following an incident in High Street, Hornchurch, on January 10.

James Roberts, 31, of Ambleside Avenue, Elm Park, appeared at the Old Bailey on Friday.

He has been remanded in custody and is next due to appear in court on April 1.

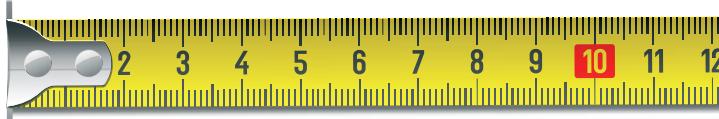
Mr O'Mahony died from a single stab wound to the chest.



DEAD:
Aiden
O'Mahony

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Saturday, January 23

■ Table Top Sales – St Paul's Community Centre, Barley Lane, Goodmays, IG3 8XE, free admission, noon to 3pm, cost per table from £8, to book call 07453 782726, first come first served.

■ Tennis – small club in Ilford, we play Sat pm, Sun am and three weekday afternoons, over-50s welcome, details Tom 020 8593 4365 or John 020 8592 1609.

■ Ante-natal Yoga – Quaker Meeting House, Bush Road, Wanstead, E11, Sat 10am-noon. Mon 6.45-8.45pm, post-natal yoga, Sat 12.05-1.15pm. 020 8923 6452.

Sunday, January 24

■ West Essex Ramblers – meet 10am at the door by Epping Station, 10-mile walk, 020 8502 1628.

■ Ilford & District C.H.A Rambling Club – morning walk and street festival, meet 10.30am at The Cutty Sark DL station. Three-mile walk, 020 8926 4593.

■ One Day Workshop – print making, 10am-3pm, Buckhurst Hill Community Association, Bedford House, 4 Westbury Road, IG9 5NW, £24, 020 8504 6666.

■ Strides Badminton Club – Wanstead Leisure Centre, Redbridge Lane West, 3.30pm, new members welcome, aged 18 and over, all levels, details Mark 020 8598 8435 (before 9.30pm).

■ Sunday Service – Lighthouse Chapel International Church, Outset Centre, Frederick Street, Walthamstow, 11am-1pm. 07974 108350.

■ Sunday Services – Kings Road Baptist Church, Chingford (junction of Kings Road and Scholars Road), 11am and 6.30pm.

■ Sunday Services – Higher Life Christian Centre, Forest YMCA, 642 Forest Road, Walthamstow, 10am-noon.

■ Learn to Dance Modern Jive – Hainault Forest Community Centre, 7-10.30pm. 07768 005858.

Monday, January 25

- Short Mat Bowls – Warren Heath Short Mat Bowls Club, Warren Junior School, Gordon Road, Chadwell Heath, 7pm, details Tony or Heather 01708 340874.
- Music Listening Appreciation Group – Rectory Library, Rectory Road, Dagenham, 7pm, admission free. 020 8592 8821.
- Rehearsals – Redbridge Ladies Choir, Palmer Catholic Academy, Seven Kings, 7.45-9.15pm, new members welcome. 020 8551 9895.
- Rehearsals – The Roding Players Orchestra, Roding Valley High School, Alderton Hill, Loughton (opposite underground station), 7.15pm, new members welcome. 020 8505 4329.
- Forest Highlanders Pipes and Drums – St Cedd's Church, Seven Kings, 8pm.
- Bingo – Friday Hill Community Association, Coney Burrows Community Hall, Friday Hill, E4, 1.30pm.
- Multi-denominational healing – Redbridge Healing Centre, IRDSA Hall, Craven Gardens, Barkingside, IG6 1PS (next to car park, Fullwell Cross roundabout), 7-9pm, no charge, 07971 536581/556490 or 07821 969409.
- Yoga Classes – The Peterhouse Centre, Walthamstow, 1-3pm and Tiptree Community Hall, Barkingside, 7.30-9.30pm, contact Kay Russell 020 8554 7168.

Tuesday, January 26

- Stroke Club – Parksides Stroke Club, Parksides Community Centre, Goodmays Lane, 1.30-4pm. 020 8595 3973.
- Coffee Shop – Eastern Avenue Baptist Church, East Road, Chadwell Heath, 10am, games, videos, friendship, all welcome. 020 8599 1479.
- Club – Barking and Dagenham 18-Plus, The White Horse Inn, 118 High Road, Chadwell Heath, ages 18-35, 9pm, free trial membership, details Joe 07958 669339.
- Duplicate Bridge – Parksides Community Centre (corner of Goodmays Lane and Longbridge Road), Barking, 1.30-4.30pm, regt no beginners, call Jim (pref. evenings 5.30-6.30pm) 020 8592 0397.
- Rehearsals – Chapel End Savoy Players, St John's Church, Chingford Road, Walthamstow, 8-10pm. 020 7474 7926. Gilbert and Sullivan, songs from the shows, old time music hall.
- Come Sing With Us – Pearl Hiller Concert Choir, Gants Hill, 1.30-3.30pm, call Pearl 020 8554 1240.
- Chadwell Heath Canasta Club – Chadwell Heath Community Centre, High Road, Chadwell Heath, RM6 6AS, 7pm, all

Wednesday, January 27

- Talking Hands – club for the deaf and hard of hearing, 10.45am-2.45pm, York Room, Ilford Library.
- Table Tennis – Forest Community, Guildford Road, Walthamstow, 8pm, new members welcome, Ray 020 8524 4289.
- Friends Club – St Cedd's Church Hall, Blythewood Road, Seven Kings (opposite Homebase), 1-4pm, short mat bowls and snooker, 50p per session.

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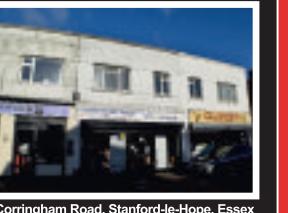
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PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) REGULATIONS 1990

NOTICE UNDER REGULATION

TOWN & COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 (AS AMENDED) NOTICE UNDER

ARTICLE 13

The following developments affect the character or appearance of the relevant conservation area:

Aldersbrook Conservation Area

4961/15 Applicant: Mr S Farrington, 52, Woodlands Avenue, Wanstead, E11 3QZ **Description:** Single storey rear extension. Loft conversion with two rear dormers. Three front roof lights

4996/15 Applicant: Mr & Mrs S Jeffery, 37, St Margarets Road, Wanstead, E12 5DR **Description:** Loft conversion with rear dormer

5008/15 Applicant: Mr C Noon, 44, Harpenden Road, Wanstead, E12 5HN **Description:** Demolish existing rear conservatory. Single storey rear extension

0018/16 Applicant: Mrs S Kaur, 79, Water Lane, Seven Kings, IG3 9HW **Description:** Demolish existing conservatory. Single storey rear extension

Barnards Village Conservation Area

4877/15 Applicant: Mr V Maheshwary, 7, New Mossford Way, Barkingside, IG6 1FB **Description:** Temporary rear garden shed

The Bungalow Estate (Formerly Mayfield) Conservation Area

5003/15 Applicant: Ms M Bhatia, 116, Levett Gardens, Seven Kings, IG3 9BX **Description:** Demolish existing garage and rear extension. New front porch.

Single storey side and rear extension. Loft conversion with one front dormer. Insertion of one rear roof light and one front roof light. New windows to side elevation

0019/16 Applicant: Mr B Limani, 6, Capel Gardens, Seven Kings, IG3 9DH **Description:** Demolish existing garage and store. Single storey rear extension. Rear Outbuilding

Claybury Conservation Area

5011/15 Applicant: Mr Daud Aslam, 1, Lombardy Close, Hainault, IG6 2AT **Description:** Single storey rear extension. Conversion of garage into habitable room with flush window

South Woodford Conservation Area

4556/15 Applicant: Winston House Preparatory School, Winston House

Preparatory School, 140, High Road, South Woodford, E18 2QS **Description:** Conversion of a Grade II listed building and two-storey annex (the Winston House Preparatory School) into nine dwelling units. Erection of a rear two-storey building for use as nursery (Class D1) with associated parking area and communal amenity space at 140 High Road, South Woodford, London E18 2QS (Listed Building Consent sought under reference 4557/15)

4557/15 Applicant: Winston House Preparatory School, Winston House

Preparatory School, 140, High Road, South Woodford, E18 2QS **Description:** Conversion of a Grade II listed building and two-storey annex (the Winston House Preparatory School) into nine dwelling units. Erection of a rear two-storey building for use as nursery (Class D1) with associated parking area and communal amenity space at 140 High Road, South Woodford, London E18 2QS (Listed Building Consent)

5024/15 Applicant: C/O Agent, Funkymojo, 159-161, High Road, South Woodford, E18 2PA **Description:** Internal alterations/refurbishment, external redecoration, new kitchen supply/extract ductwork. (Listed Building Consent sought under application 5107/15)

5107/15 Applicant: C/O Agent, Funkymojo, 159-161, High Road, South Woodford, E18 2PA **Description:** Internal alterations/refurbishment, external redecoration, new kitchen supply/extract ductwork

Wanstead Village Conservation Area

4349/15 Applicant: Mr J Rashid, 2A, Langley Drive, Wanstead, E11 2LL **Description:** Loft conversion with rear dormer and two storey side and rear extensions

4862/15 Applicant: Cardtronics UK Ltd, 29, High Street, Wanstead, E11 2AA **Description:** Installation of ATM to front

4956/15 Applicant: Cardtronics UK Ltd, 29, High Street, Wanstead, E11 2AA **Description:** One internally illuminated fascia sign.

5071/15 Applicant: Mr E Aygul, 27, High Street, Wanstead, E11 2AA **Description:** Erection of retractable roof system together with the installation of sliding glass panels and replacement oak balustrades with wood planters to front

0032/16 Applicant: Foxstone Estates, 7A, High Street, Wanstead, E11 2AA **Description:** Extension to shop unit at ground floor, new escape stair serving first floor offices, extension to offices at second floor, new access and car parking to rear of 7 and 7A High Street

Woodford Green Conservation Area

4966/15 Applicant: Mr G Sinnamon, 7, Mornington Road, Woodford Green, IG8 0TS **Description:** Demolish existing utility room. Single storey side/rear extension with walled courtyard to front

4967/15 Applicant: Mr D Campman, 15, Harts Grove, Woodford Green, IG8 0BN **Description:** Conversion of existing garage to study. Proposed two storey side extension with one front roof light and dormer to front roof slope. Single storey rear extension

Proposal does not accord with the provisions of the development plan

5007/15 Applicant: Mrs J Thompson, LBR Children Services, Hatton School And Special Needs Centre, Roding Lane South, Woodford Green, IG8 8EU **Description:** Permanent siting of single storey classroom block and staff car park. Extension to car park on existing playing fields

Applications can be inspected online at www.redbridge.gov.uk/planning or One Stop Shop on the ground floor of Lynton House, 255-259 High Road, Ilford, Essex IG1 1NN between the hours of 8.30am and 4.30pm Mondays to Fridays and 9.30am to 4.30pm Wednesdays. If you require information contact the Planning Services on 020 8708 2053. Representations should be made in writing to Planning Services within 21 days of the date of this notice. Paul Walker – Chief Planning and Regeneration Officer. Date: 21st January 2016

DM No. 80155581

Public Notices



Yellow Advertiser

LICENSING ACT 2003

Notice of Application to Grant a Premises Licence
NOTICE IS HEREBY GIVEN that Mr Jack Dickens has applied to Redbridge Council on 13th January 2016 for the Sale of Alcohol 09:00-21:00 hours daily at A Taste of Dracula, 2 Seven Ways Parade, Woodford Avenue, Ilford.

Anyons wishing to make a representation in respect of this application should give notice in writing which must be received by the Licensing Authority, Redbridge Council, 255-259 High Road, Ilford, IG1 1NY by 10th February 2016. Members of the public may view applications at the Licensing Department at the above address or online at www.redbridge.gov.uk.

It is an offence to knowingly or recklessly make a false statement in connection with an application and the maximum fine on summary conviction is £5,000.

LICENSING ACT 2003

Notice of Application to Grant a Premises Licence

NOTICE IS GIVEN that Mr Tevfik Tekelioglu has applied to the London Borough of Barking & Dagenham on 3rd January 2016 to Grant a Premises Licence under Section 17 of the Licensing Act 2003 for: Tevfik Tekelioglu, 16-18 Whalebone Lane South, Dagenham, RM18 1BJ. The licensable activities are: Selling alcohol to be consumed off the premises within the times: Monday to Saturday from 06:00 to 23:00, Sunday from 10:00 to 23:00.

Anyons who wishes to make representations regarding this application must give notice in writing to the: Licensing Department, Roycroft House, 15 Linton Road, Barking, IG11 8HE. Representations must be received by 2nd February 2016.

The Application Record and Register may be viewed during normal office hours at the above address or at www.lbbd.gov.uk.

The Licensing Authority must receive representations by the date given above. The Licensing Authority will have regard to any such representation in considering the application. It is an offence, under section 158 of the Licensing Act 2003, to knowingly or recklessly make a false statement in or in connection with an application and the maximum fine on summary conviction is £5,000.

Goods Vehicle Operator's Licence

Skyfall Services Limited of Mill Lodge, Mill Lane, London E4 7RB is applying for a licence to use 82 River Road, Barking, Essex IG11 0DS as an operating centre for 12 goods vehicles and 0 trailers.

Owners or occupiers of land (including buildings) near the operating centre(s) who believe that their use or enjoyment of that land would be affected, should make written representations to the Traffic Commissioner at

Hillcrest House, 386 Harehills Lane, Leeds, LS9 6NF, stating their reasons, within 21 days of this notice. Representors must at the same time send a copy of their representations to the applicant at the address given at the top of this notice.

A Guide to Making Representations is available from the Traffic Commissioner's office.

Goods Vehicle Operator's Licence

D.Y.E Recycling Limited of 40 Clever Crescent, Harrow, Middlesex HA3 5PZ is applying for a licence to use 73-75 Chequers Lane, Dagenham, RM9 6PR as an operating centre for 1 goods vehicle and 0 trailers.

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MAGPIES' START STUNS HAMMERS

West Ham United

Newcastle United 2
West Ham United 1
Brian Jeeves reporting
from St James' Park

EARLY goals from Ayoze Perez and Georginio Wijnaldum earned struggling Newcastle United a rare Barclays Premier League victory at St James' Park, ending West Ham's impressive unbeaten sequence in the process.

It has proved to be a frustrating campaign for the Magpies. Steve McCaren's men went into the game without a win in four league outings and firmly entrenched in a relegation battle.

However, there was renewed optimism among the Toon Army following a useful and exciting midweek clash with Manchester United.

Former England boss McClaren included new signing Jonjo Shelvey in his starting line-up. The England midfielder had arrived on Tyneside after a £12million move from Swansea City during the week.

Meanwhile West Ham arrived in the North East brimming with confidence and looking to establish a new club record in the Premier League era of nine matches without defeat.

But it was the home side who started well with Wijnaldum and Daryl Janmaat probing the Hammers rearguard, while Perez forced Adrian into a decent save low to his left.

The visitors clearly hadn't heeded

the warning, and when livewire Perez found some room on the edge of the box he fired low beyond Adrian to give Newcastle an early lead.

West Ham were stunned by the Magpies' electric start. Aaron Cresswell looked to find an opening for Michail Antonio, but Newcastle skipper Fabricio Coloccini arrived in the nick of time to avert the danger.

Before the visitors could steady the ship their troubles deepened.

Leading marksman Wijnaldum met Janmaat's pinpoint centre, crisply sweeping past Adrian to double the lead with barely 15 minutes played. It was almost three when Aleksander Mitrovic tiptoed through the beleaguered Hammers backline, this time Adrian saved with his feet.

West Ham were wobbling. Adrian was called upon twice in a matter of seconds to deny Paul Dummett and Janmaat, while Moussa Sissoko was snubbed out by some expert defending from James Collins.

Mitrovic should have put the outcome beyond doubt before the break, but the Serbian frontman fluffed his lines after Janmaat had again crafted the opening.

At the other end Cheikhou Kouyate almost halved the deficit, but Magpies keeper Rob Elliot was equal to his close range snapshot.

Wijnaldum scuffed wide as Newcastle looked to start the second period as they had the first.

But then a lifeline for West Ham. Substitute Nikica Jelavic latched onto Chancel Mbemba's poor back pass before rounding Elliot and rolling into the net, despite the efforts of Dummett on the line.

There was now an air of unease around St James' Park.

Mitrovic looked to ease their fears, but Adrian firstly did well to scoop away his flicked effort goalwards, and then brilliantly tipped over his thundering attempt after Shelvey had played him in.

Mitrovic and Adrian continued their personal duel. This time the Spanish keeper produced a terrific stop to keep the Hammers in the match. Shelvey was next to try his luck, but his effort only found the grateful Adrian's midriff.

Elliot blocked Kouyate's late header and Jelavic fired narrowly over as West Ham pushed for a share of the spoils. Meanwhile Jack Colback had Adrian scrambling but his drive from distance fizzed the wrong side of an upright.

But Newcastle had done enough to record only their fifth Premier League victory of the campaign.

Speaking after the game, disappointed Hammers chief Slaven Bilic said: "We were the team that should start with more confidence because we were unbeaten for a number of games. They've improved a lot recently, but still they were down.

"We were counting on confidence being on our side. Unfortunately,

that wasn't the case.

"We have to give them credit. Very quickly they scored two goals, and especially when you play at home your confidence is sky high. Their quality was never in question, but they don't show it week in, week out.

"We could have nicked a point, it wouldn't have been the first time, but to be fair we have to admit in everything they were better and they deserved to beat us."

Delighted Magpies boss McClaren said: "I thought the first 20 minutes, intensity, tempo, front foot, controlled the game of football, two great goals."

"The team kept their composure and defended well. A massive three points for us."

West Ham now face a tough challenge when title-chasing Manchester City are the visitors to Upton Park, on Saturday, January 23 (5.45pm).

Newcastle United: Rob Elliot, Fabricio Coloccini (Capt), Paul Dummett (Henri Saivet), Jack Colback, Georginio Wijnaldum, Moussa Sissoko, Jonjo Shelvey, Ayoze Perez (Yohan Gouffran), Chancel Mbemba, Daryl Janmaat, Aleksander Mitrovic (Jamaal Lascelles) Subs not used: Rolando Aarons, Karl Darlow, Emmanuel Riviere, Ivan Toney

West Ham United: Adrian, Aaron Cresswell, James Tomkins (Carl Jenkinson), Cheikhou Kouyate, Enner Valencia, Pedro Obiang (Nikica Jelavic), Mark Noble (Capt), James Collins, Angelo Ogbonna, Dimitri Payet, Michail Antonio (Victor Moses), Subs not used: Darren Randolph, Winston Reid, Alex Song, Josh Cullen

Referee: Neil Swarbrick

Assistants: Scott Ledger and John Brooks

Fourth Official: Lee Mason

Attendance: 50,031

Non-league round-up

Cleaver seals Rovers' return

By Brian Jeeves

JACOB Cleaver's early goal earned Great Wakering Rovers three priceless Ryman League Division One North points against Essex rivals Redbridge.

Cleaver's 16th minute strike settled this Burroughs Park derby, which was the villagers' first win in 10 league outings and moved them up to 15th in the table.

Romford made short work of Heybridge Swifts. Talha Zakariya and George Woodward on target in a 2-0 success, and it was the same outcome at Chadfields where visitors Aveley saw off Tilbury thanks to goals either side of the interval from Abs Seymour and Arian Retkoceri.

Russell Halton grabbed a brace and Jake Clowsley added another as Brightlingsea Regent won by the odd goal in five at Cray Wanderers, while George Purcell's second half strike earned AFC Hornchurch a share of the spoils from a 1-1 draw at AFC Sudbury.

Elsewhere in Division One North, Michael Ademiluyi's goal helped Barking-side to a 1-1 draw at Wroxham, but Witham Town went down 3-2 at home to Haringey Borough.

In the Ryman Premier Division Sam Higgins grabbed both goals as East Thurrock United took maximum points from a 2-1 victory at Tonbridge Angels.

Former Brentford striker Nathan Elder was on target for the Kent outfit. Grays Athletic eased out Farnborough by three goals to one, Bradley Fortnum-Tomlinson, Joao Carlos and Corey Davidson with the hosts goals. Former Southend United man Teddy Nesbitt was again on target as Billericay Town grabbed a point from a 1-1 draw with rivals Brentwood Town at New Lodge. Ryan O'Rawe had given Brentwood an early lead, but Nesbitt's second half equaliser extended Town's unbeaten sequence to 15 matches.

But it was a bad afternoon for Canvey Island who crashed 4-0 against high-flying Hampton & Richmond Borough at Park Lane. Jamal Lowe scoring twice for the visitors.

In the National League South, Chelmsford City's woes continued as they were thrashed 4-1 at Margate. Matthew Whitcher scored the Clares' goal. This latest setback saw them slip to 15th in the table, one place below rivals Concord Rangers.

Braintree Town were the victims of an FA Trophy second round upset courtesy of Northern Premier League Stourbridge.

Matt Dodd grabbed the West Midlanders goal just before the hour mark.

In the Essex Senior League Hullbridge Sports led the way with a 6-2 hammering of Enfield 1893.

Clapton won their derby with Wadham Lodge at the Old Spotted Dog by two goals to nil, while FC Romania were 3-1 winners at Eton Manor. The matches between Sporting Bengal United and Burnham Ramblers (1-1), as well as Takeley and Sawbridgeworth (0-0) ended all-square.

Selected action from the ProKit UK Essex Olympian League Division One saw Canning Town win 3-1 against visitors Old Southendian, while Runwell Hospital earned all three points from a 2-0 triumph at Old Chelmsfordians.

In Division Two FC Hamlets comfortably dispatched Rochford Town 4-1.

Hendon sacked as O's boss

IAN Hendon's reign in the Orient hot seat ended shortly after his now former charges capitulated against mid-table Exeter on Saturday – a defeat that saw them slip into mid-table.

A statement on the Orient website on Monday confirmed that Hendon had been relieved of his duties as head coach.

Assistant Andy Hessianthalier has been put in temporary charge after the O's registered just one win since November 21.

Exeter's Ollie Palmer scored straight from the kick-off as City, Liverpool-bound for an FA Cup midweek replay, stole the points before the break thanks to a Jayden Stockley brace and cup-hero Tom Nichols' strike.

Twenty-goal Jay Simpson then missed two second half penalties for Orient in a shocking display by the O's.

Michelle steals the show at Lee Valley

Athletics

MICHELLE Hughes one again grabbed the headlines as she added South of England Under 20 long jump gold and hurdles bronze to her recent Southern pentathlon title at Lee Valley on Sunday.

But her long jump victory tested her competitive spirit to the full as she was down in sixth after the third round and only just squeezed into the jump off final. But she found her form when it mattered and her fourth round jump put her in a podium place before leapin a final round indoor PB of 5.66m to claim gold.

Michelle had earlier won 60m hurdles bronze, equalising her PB of 8.99s in the process, after a 9.07s heat and clocked 26.00s to qualify for the 200m final but decided to opt out of the final after a busy day.

Lucy Bailey returned to hurdles action after an injury-affected 2015 with a 9.62s heat in the U20 hurdles.

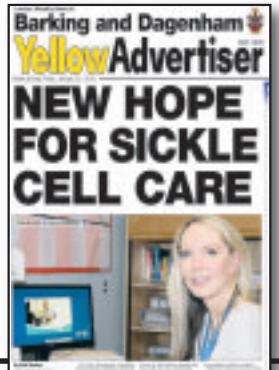


SUCCESS: Michelle Hughes

Photo Tony Benton

Barking and Dagenham YellowAdvertiser

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